



tattersalls

newsletter **july 2003**

TARGET 250!



A mix of Tattersalls members

Members to directly benefit from new membership initiative

As many members would know the Club currently has some scope to increase its membership levels and in fact would clearly benefit financially from a controlled increase. The Committee has decided that the best way to increase membership whilst retaining the character that attracted us all in the first place is to go to our existing membership and offer them a worthwhile incentive to propose membership for their sons, brothers and friends.

The aim of this initiative is to increase membership by 250, and to do this before the end of 2003.

The benefits of proposing new members will be quite direct.

In essence, a member who proposes another member before the end of 2003 can achieve a rebate on his own 2004 renewal of 33%. A member who proposes a 2nd member will receive a 66% rebate and third proposal will see a member enjoy no 2004 subscription charge at all.

Obviously there are some conditions to all of this but they are common sense restrictions and not onerous. Contact Andrew Thompson, the Club's Financial Controller, or Mark Bartrop, our Secretary, for any further details.

Rebates will be subject to 2004 renewals and will be calculated according to the membership category of the new member.

The initiative is intended to complement the existing arrangement whereby new members are not required to pay an entrance or joining fee but rather agree to have their house accounts debited with \$100 (\$50 for U30 members) for 12 months.

The Committee hopes members will embrace "Target 250" for the benefit of all of us and reserves the right to terminate this initiative if the target is achieved before the end of the calendar year.

Rick Glover

Convenor | Membership Subcommittee



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from the chairman

"A club with a character of its own, one can be felt but not defined, that is always mindful of the real functions of a club, what it is and what it will continue to be, enriched by tradition, a guardian of the historic past and an architect of the future".

This is a quote from Joseph Andersen's history of Tattersalls Club 1858 – 1983. Andersen was referring to the Club in 1946, at the end of the Second World War, when the Club was much praised for its fund-raising efforts for charities and for the war effort. Perhaps a little too poetic or allegorical a description in today's plain speaking times – but still true of the Club today.

Mindful of our responsibility to preserve our history and tradition, we have restored the memorial to Club members lost in the two great wars of the 20th century. The impressive brass plaque now has pride of place in the entry vestibule and will remind us all of the sacrifices made by members of the Club in the service of their nation. I am giving some thought to a formal re-dedication of the memorial at an appropriate time in the future and will let you know when plans are laid.

I often write about how our future is very much a function of our ability to attract and to retain a sufficient number of members to underwrite the availability and the cost of the excellent facilities we enjoy in our Club. This, to a large degree, depends upon the constant renewal of our membership coming from existing members nominating suitable candidates for election. The latest plan unveiled by the Committee is, without doubt, the most generous incentive ever offered to members of the Club and I urge you to consider the benefits which will be available for this year only to both the proposer and to the candidate. As well as a rebate of the entrance fee available to new members, proposers have a chance to enjoy a year free of subscriptions to the Club and to the Athletic Department as well. In before-tax dollars, this is a seriously worthwhile benefit for doing no more than introducing your friends and associates to the Club.

Black Tie Boxing was again a highly enjoyable interruption to the end-of-financial year hassles during June. Over 400 members and guests enjoyed the traditional fun and fare of the night with the always hard fought contests in the ring attracting much sporting interest. The food was fabulous – again. For the life of me, I do not know the secret of how Simon and our functions staff can serve up 400 perfectly

cooked, medium rare fillet steaks in every possible part of the Club at the same time. A truly quality night as usual!

July and August means the time of the annual diaspora of our sporting sub-groups. The skiers are off to Perisher. The cyclists to Canberra and the swimmers to Hawaii for the Maui Cross Channel and Waikiki Roughwater Swim. Good luck and safe times to all as we fly the Tattersall's flag in our various sporting passions. And if you are not involved in one of these events this year, you are missing out on what is always the best of times in the company of Tattersalls members who still know how to compete at the highest levels – and also how to party hard!

With more than half the year now passed, it is pleasing to report that the Club is travelling well with budget being met and exceeded in most areas of activity. From now until the end of the year is our busiest time and we are hopeful of a good result this year which will give us confidence to proceed with the capital improvements and with the plan to enhance our function areas. Our new management team has settled in quickly and many of the efficiencies we have aimed for are being achieved. Personally, I am very pleased with the high levels of service we enjoy from our staff – and it is pleasing to be often reminded of this by members who share my view.

Russell Debney

Chairman



Join the chairman on the last Thursday of each month following the committee meeting for free drinks in the members bar



secretary's report

The month started with the biggest event on the calendar for the first half of the year, Black Tie Boxing. The night was a huge success with all members and their guests enjoying the festivities, the matches were hard fought with all boxers putting in a big effort for the enjoyment of the crowd.

The major sponsors on the night Durham, Southcorp & Tooheys are to be congratulated for their ongoing support. All three companies were represented on the night and enjoyed the festivities immensely. I would also like to congratulate Renata, Lee and all the staff for their excellent service and in addition, Chef Simon Flanders and his crew must be congratulated for such a fantastic meal; I'm sure all present would agree that the beef was magnificent!

The Club is presently updating its fire evacuation procedures, appointing wardens etc. and during the next few months we are required to carry out a fire evacuation drill. Any members present during the drill will, unfortunately, be inconvenienced, however, the drill is a statutory requirement of the Fire Department.

Final preparations are being put in place for the 2003 members survey. We hope to email or post this survey to all members in early August and it is estimated that the survey should take 5 to 10 minutes to complete. The information gained will be invaluable to the Committee in its future deliberations and I urge all members to take 5 minutes to complete the survey.

It is encouraging to see the tremendous interest in Tattersall's Wine and Food Club. The first big function, being the Duck & Pinot Night, is already sold out and promises to be a great occasion.

While dining in the Brasserie last week my guests at the table commented on the magnificent food, service and views. I would urge all members who may not have been to the Brasserie for some time to book a table and let Renata and her team spoil you, it truly is a wonderful experience.

Mark Bartrop

Secretary

tattersalls into the year 2003 calendar of events

August

- 6th Duck & Pinot Night
29th Six in the City - Duo Sol

September

- 6th Tattersalls Race Day
Royal Randwick
24th Wine & Food Club Tasting

October

- 17th Black Tie Boxing

tattersall's club

181 Elizabeth Street Sydney NSW 2000
www.tattersallsclub.org
Founded 1858

Telephone	02 9264 6111
Facsimile	02 9267 8312
Banqueting	02 9263 9204
Athletic Dept	02 9264 5624

Office Hours

8.30 am - 5 pm | Monday to Friday

Brasserie

7 am - 3.30 pm | Monday, Tuesday & Friday

(bar meals available in the evening)

7 am - 9.30 pm | Wednesday & Thursday

Bar and Billiard Room

Noon - 9 pm | Monday to Wednesday

Noon - 10 pm | Thursday and Friday

Athletic Department

5.30 am - 9 pm | Monday to Friday

6 am - 6 pm | Saturday

Noon - 5 pm | Sunday

club news



Tattersall's Race Day

Join us at Royal Randwick on
Saturday 6 September 2003

The First Day of the Spring Carnival

Wine and dine in the VIP marquee

- Mingle with a host of celebrities
- Take tips from the Professionals
- Participate in "Fashions in the Field"
- Have a chance to win a lucky door prize

Bookings : Contact the administration office 9264 6111
Email : administration@tattersallsclub.org

Tattersalls Swimming Calcutta

"Harry Turner Waterford Crystal Trophy"



DINNER & AUCTION
14th AUGUST 2003



Entry Fee: \$50.00 per swimmer. Each swimmer receives one ticket in the raffle

Raffle Tickets: \$50.00 each available NOW. Raffle drawn 11 August 2003. Anyone can purchase a ticket and have a chance at winning

Calcutta Swims: Commence 6/8/03 and the final to be held on 20/11/03

Form Guide: To be made available in the week prior to the Dinner—will contain all handicaps and swimmers Statistics. This will help all non-swimmers make decisions on current form

Rules: on the Swimming Notice Board

Eligibility to Swim: See the Rules (minimum 7 swims)

Dinner Cost: to be advised, guests very welcome



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Target 250!

There's something in it for everyone when
you introduce new members to Tattersall's.



tattersall's club

181 Elizabeth Street Sydney NSW 2000

Telephone | 02 9264 611

Propose a new, elected member before the end of 2003 and achieve a rebate of 33% on your 2004 renewal.

A 2nd proposed and elected member means you get a 66% rebate.

And a third will see you enjoy no 2004 subscription charge at all.

The initiative is intended to complement the existing arrangement whereby new members are not required to pay an entrance or joining fee but rather agree to have their house accounts debited with \$100 (\$50 for U30 members) for 12 months

There are some conditions so contact Andrew Thompson, the Club's Financial Controller, or Mark Bartrop, our Secretary, for any further details.

Rebates will be subject to 2004 renewals and will be calculated according to the membership category of the new member.

THE COLLAR, THE CUFF & THE SIGNIFICANT SHIRT

The world is waking up again to the power of the shirt. It's colour, it's collar and how the shirt relates to your head and face, make or break the effect of the suit you paid all that money for. Note that the double cuff is making a comeback. So is the white collar as a statement. The man who is on top of the game noticeably also has the think-space to make the gesture of the just-visible double cuff and the well-chosen cuff link. Another thing, your neck has certainly changed since you stroked the eight for the Old School. So it's likely your collar size or collar height needs readjusting a little. The Maloney men will be happy to advise.



Vince Maloney On-The-Park

Next door to Tattersall's ph. 9264 8837

AUSTRALIAN PROFESSIONALS LIABILITY CONFERENCE

KAANAPALI BEACH HOTEL CONFERENCE ROOM
KAANAPALI BEACH MAUI

26TH AUGUST 2003 TO 1ST SEPTEMBER 2003

Objective: This conference has been designed to cover various topics on key areas of the law which impact on day to day business. It is applicable to Lawyers, Financiers, Bankers and Health Professionals.

Speakers: will include John de Mestre from John de Mestre & Co, Anthony Powter from Turkslegal, Brendan Maher from Turkslegal, Michael Gillis from Gillis, Delaney Brown, Peter Thiel from John de Mestre & Co, Luke Morgan – Barrister, and Doug Simpson, Partner at IBM.

Cost: \$55.00 registration fee (incl. GST). Airfare and Accommodation packages available for travel from 26 August 2003 to 3 September 2003 from \$2,474.00 per person (triple share).

Contact: Peter Thiel on 0403 267 600 or 9264 5764 or Cesar Puertolas on 0413 995 985 for a brochure, further information or to arrange travel and conference booking.

• **Numbers are limited, and travel booking deadlines exist.**

News from the AD

Dear AD Members,

One of my duties as Manager of the AD is to provide motivation. This motivation is aimed at improving your commitment to regular exercise and hopefully providing some level of entertainment to the whole ordeal. My experience in the game of exercise prescription has taught me that motivation relies on two distinct areas.

1. Education: *Knowledge is power.*

Commitment to regular exercise increases when basic physiological reasoning behind exercise programming has been provided. Interest in anything generally increases with greater knowledge.

2. Variation: *Change generally promotes interest.*

Both body and mind require varied stimulus in order to adapt and improve. Performing the same old routine will more often than not lead to boredom and exercise commitment is threatened. Constant change in your routine feeds exercise motivation.

Regular exercise has been scientifically proven to provide; cardiovascular improvement, management of blood pressure, maintenance of healthy bone density, an increase in flexibility, the ability to maintain collective strength (particularly posture), an increase in mental alertness, a decrease in the aging process, an increase in daily energy and provides balancing of hormones.

Over the years the most common request from those starting an exercise program has been interest in **losing body fat** for two major reasons. One, that most people are now aware that excessive body fat can play a significant role in premature coronary heart disease and two, aesthetics.

For whatever reason I have spent my adult life studying the mechanics of losing body fat.

I have made an attempt to offer my knowledge to as many AD members as possible. In time I aim to meet every AD member and offer assistance where possible.

Two of our members who have heeded my advice have achieved remarkable yet predictable results.

Dennis Wilson has been attending the AD for 28 years, Dennis has lost 14 kilos in 10 weeks. I questioned Dennis on what exactly he did to achieve his results.

“DW: I scheduled 4 sessions of exercise per week. Each session included 30 minutes of interval cardio training. I mixed it up between using both the bike and treadmill and my range of intensity varied between 60 and 90% (perceived effort). Then I performed the 6 strength exercises represented on the Guaranteed Results Program featured in the AD. This took me around 25 minutes to complete. My diet for this period consisted of a large fruit salad for breakfast, a tuna sandwich on rye –no butter, and sashimi (raw fish) large portion for dinner. I have the occasional red and lots of coffee –without sugar of course!”

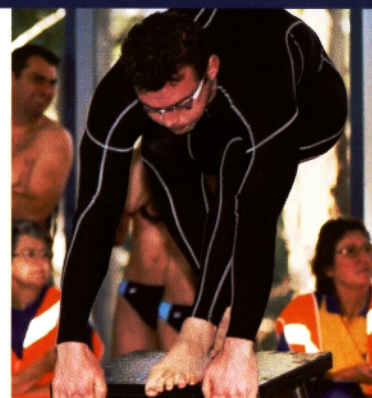
The second long time member, Peter Bodor, has also lost 10 kilos in 9 weeks. Peter has always been a keen cyclist but in recent years has gained a few unwanted kilos. I questioned Peter on why he now weighs what he did some 15 years ago.

“PB: I purchased a heart rate monitor and closely adjusted my training to the prescribed intensity. I maintained my heart rate between 145 –155 beats per minute, performed three spin classes a week and took a long ride on the weekend. I reduced my carbohydrate intake (particularly starchy carbs and simple sugars) considerably during this period. I ate plenty of fish and made a point of eating some form of protein at every meal. It seemed to work and didn't disrupt my lifestyle. I have found that I have gone back to eating bread on a daily basis, which has noticeably increased my daily energy. I did not put on any weight from eating bread.”

Congratulations to both Dennis and Peter.

In summary, I would like to point out that both members were diligent with both exercise and diet for six weeks before they noticed any remarkable body fat loss. However, it did happen and both feel better for it.

I am frequently asked by members what they should munch on during the day to prevent them hitting low points during the day, and in particular, to prevent them feeling like they could eat a horse when they get home after a long day. The best option I have found is grazing on protein bars. They are easily accessible and practical. Protein bars at retail level can be rather expensive, so we created our own. A perfect balance of protein, carbohydrate and quality fat! Further more they taste great! Even I can make them. The recipe is available from the AD.



Peter Thie



Phil Reichelt



Richard Jagger



Anthony Powter



Peter Joseph



Cesar Puertolas



Richard Jagger, Peter Thiel and Anthony Powter



Phil Reichelt and Peter Joseph

This month

1. Guaranteed Results Program - Edition 7.
Yet another short sharp challenging routine.

2. Promotion of our Skiing Program
Instructors are available to assist all skiers reach their potential on the slopes.

3. Unsupervised Spinning Classes
Starting at 7.10am sharp on Wednesday and Friday mornings, Member Rick Glover will be leading a growing peleton of riders through a 35 minutes program. All welcome!

4. Feature Article - Improving your posture

5. Pamp's Protein Bars - Recipe

Special Mentions

1. Mini Mosman 10km Fun Run
Congratulations to all those who competed. Notables were Richard Jagger's 37 mins and Phil Reichelt's sub 5-minute km pace.

2. First Grade Rugby Representation
Well done to Jeremy Dunlop (Norths) and David Giffin (Syd Uni) on their impressive form during the Shute Shield.

3. 100km Oxfam Bush Race
Phil Clayton completed the gruelling 100km Oxfam bush race in 26 hours. Battling an injured leg and a few blisters, he conquered the event.

Have a healthy month
Brad Pamp - AD Manager

More Sports News

Tatts masters Swimming - NSW Relay Championships at Abbotsleigh
On 15 June 2003, 8 Tattersalls members and their supporters fronted for the NSW relay Meet. There were 2 teams of 4 with Peter Joseph, Cesar Puertolas, Greg McMahon and Phil Reichelt making up the Tatts 200+ team

and Peter Thiel, Richard Jagger, Kevin Smart and Anthony Powter making up the 120+ team. Both teams competed in the 4X50 medley relay and the 4X50 freestyle relay. The 120+ team placed second in both races, being edged out by the Seaside Pirates team with fellow Tatts member John Harvey swimming for the Pirates. The 200+ team placed a credible 4th in the 4X50 freestyle, and 8th in the 4 X 50 medley (an amazing achievement considering that Cesar had to swim 50 metres butterfly for the first time ever).

The teams and supporters had a great day, and the entry of Tatts into the Masters racing was noted by the organisers on the day. We thank Cesar for his tireless efforts in organising the teams and putting in the entries.

It is anticipated that the Tatts boys will compete in further upcoming events, including the Warringah IPS Carnival on Saturday 16 August 2003. Anyone interested in competing should contact either Cesar Puertolas or Peter Thiel through the Club.

Mini-Mosmarathon run 22 June 2003

A contingent of Tatts members took part in this year's 10 kilometre run. The run itself is a 10 kilometre run through some of Sydney's finest real estate. It is a demanding hilly course that is a test for most runners. Showing his dominant running form and fitness, Richard Jagger was first in for the Tatts team, completing the run in 37 minutes 10 seconds. He finished 8th in his age group. Michael Gallagher was next with an excellent time of 38:30, placing him 10th in his age group. Others who followed were Peter Thiel with 45:46, Phil Reichelt with 47:14, and Alex Pope with 48:10.

Tatts will be entering a team in this year's City to Surf, and judging on times achieved in past years, the Tatts team will be competitive.

sport

Black Tie Boxing

Once again, Tattersalls members and their guests had a great night of sport, fine food and top wines at the June Black Tie Boxing event.

Compare Mark Warren got proceedings off to an excellent start, warming up the crowd of over four hundred with the glamorous assistance of the Parramatta Leagues Club cheer squad.

The legendary Arthur Tunstall provided a card of five exciting bouts of four by three minute rounds, featuring fighters from NSW and Victoria. In the mid-program break Chef Simon and his kitchen staff served a superb dinner that we have come to expect at these events. As Club Secretary Mark Bartrop said "It's a tribute to Simon and his team that they can serve over four hundred people beef, with each serving beautifully cooked to medium rare, It should be also pointed out that Renata and the service staff did a fantastic job on the night."

Naturally, at the end of the card, spectators continued another hallowed tradition and retired to the bar.

The next Black Tie Boxing is on October 17 and bookings will open in early September.



I said I'm sorry



They told me he was big but this is ridiculous!



Be nice to each other boys!



Ready for action



Black Tie biff



Bird's eye view



Gentlemen discuss the form over cleansers



Nice tats at Tatt's



Glory awaits the winners



It's far less painful outside the ring

In month 5 David Kemp was successful in the 50 metres point score, with Rob Buckley winning the 100 metre Clock Hotel Award. David "the animal" Kemp has been threatening for a while. Well done!

The Club welcomed back long lost "fang man" Ian Lemmey and Nick "how do you spell his bloody name" Lefebvre, both looking for times for the Calcutta. Gary "I can't face the music Queenslander" Wilson has hit the front in the 50 metre annual point score, but will have to discard his maroon sluggos!

John Greaves is threatening a return shortly, so pray you don't get him in his comeback swim.

John Konrads is conducting a clinic each Wednesday at 7:30am after squad.

The '2003' Calcutta planning is well underway with copies of rules being emailed to all on the swimming list. If you did not get one, let me have your address.

A number of "lost souls" have made their appearances with "big money" on their minds. You are all encouraged to be involved, as special efforts will be made to make you eligible to compete. Buy a few tickets in the raffle. One never knows where the winner is to come from. Just ask "Rachel".

The "Maui 2003" trip appears to have 3 strong Tatts teams and a possible extra team going. We wish the boys well and are confident they will once again perform with distinction. They will no doubt win the "party" award.

Results of month 5 swimming were:

Tattersalls Gift Voucher 50m Award

1. David Kemp	44
2. Peter Werner	36
3. Gary Wilson	33

Clock Hotel 100m Award

1. Rob Buckley	28
2. Brendan Maher	26
3. Richard Jagger	23

YTD - End month 5 - 50 m

1. Gary Wilson	129
2. Greg McMahon	125.5
3. Peter Thiel	108
4. Peter Gibson	101
5. Andrew Torok	99
6. Brendan Maher	98

YTD - End month 5 - 100m

1. Brendan Maher	112
2. Cesar Puertolas	99.5

3. Pat Bryant	98
4. Greg McMahon	90
5. Tom Nolan	84
6. Peter Thiel	72

Swimmer of the Month - Month 5 Manchester Unity Award

Committee's choice - Peter Werner

Progress Points in the Col Bowes Memorial Trophy

1. Anthony Powter	36
2. Andrew Torok	30
3. John McCosker	29

Coming Events

14 August 2003 - Calcutta Auction & Dinner - put your name on list on pool deck, bring a guest or two!! Dinner \$55.00 per person.

26 August 2003 - "Maui", Hawaii - Channel swim & Waikiki Roughwater Swim.

Andrew Torok | andrewatorok@aol.com



185 Elizabeth Street, next door to Tattersall's. Ph: 9264 4408.

Moroccan Magic

Contact Anywhere Travel

For all enquiries please call Joan Johnson at Anywhere Travel

345 Anzac Pde Kingsford 2032.

T: 9663 0411

E: barbaraw@anywheretravel.com.au

With thanks to Timeless Tours, recently I was able to visit the Kingdom of Morocco, the most western country in North Africa. It extends from the Mediterranean Sea to the Atlantic Coast, from the heights of the Atlas Range to the Sahara and offers visitors changing landscapes, stunning imperial cities, legendary hospitality, and a kaleidoscope of culture.

We flew to Casablanca via Dubai with Emirates and travelled by bus onto Rabat, the capital. Then via the Imperial city of Meknes onto Volubilis, the best preserved Roman ruins in Morocco, a World Heritage site since December 1997. Onto Fes, with its intriguing medina and narrow winding alleys crammed with covered bazaars, workshops, restaurants, mosques and the very interesting dye pits and tanneries.

Hidden behind nondescript doors wonderful surprises can be found in the form of riads (Moroccan houses, some dating back centuries) which have been converted into small hotels. Not cheap, but they offer so much character, and an opportunity to glimpse the exotic behind the veil of mystery. We had a traditional meal at the Riad Dar-el-Ghalia and looked over the Riad Fes. The bedrooms and bathrooms are so romantic and the views of Fes from the pool and terraces are spectacular. Dinner in the courtyard of the Riad Arabesque, was made complete with rose petals floating in the fountain.

From Erfoud we took four wheel drives to Merzouga where we spent the night in a bivouac to allow us to experience a sunrise over the dunes. Over the Atlas Mountains with spectacular scenery, via the Todra Gorge and the Route of 1000 Kasbahs to Ouarzazate where we stayed at the Hotel Berbere Palace which reflects the local architecture of the kasbahs.

Next to the exciting Imperial city of Marrakech. La Mahmoudia Hotel there is legendary and the guest list includes royalty, politicians, film stars, producers and rock groups. Winston Churchill would wander from balcony to balcony following the sun to ensure that the colours of his paintings were as realistic as possible.

The beautiful Riad Villa des Orangers is located adjacent to the famous Jemaa El-Fna Square with its snake charmers and water sellers, and offers a convenient opportunity to explore the medina.

The weather is very comfortable from October to April, and during December and January you can even take in some skiing in the area known as "Petite Suisse", near Fes and Marrakech.

Joan Johnson is a senior consultant with Anywhere Travel. Our regular writer Barbara Whitten will be away in July and will report next month on the cruise to St Petersburg.

Anywhere Travel's - Hot Specials

- ✈ EUROPE with Qantas/Scandinavian Airlines Economy/Business mixed class via Japan **from \$3399.**
- ✈ LONDON/EUROPE with Qantas/Air France Business class via Paris **from \$5150.**
- ✈ LONDON/EUROPE with Thai Airways First/Business mixed class **from \$6055.**
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- ✈ SINGAPORE AIRLINES/ LUFTHANSA/UNITED GLOBAL Economy class fare **from \$1800.**
- ✈ MOROCCO Business class seniors **\$5600 Economy from \$2170.**

(Associated airport taxes are included.)



We talk to Simon Storry

Commercial Leasing Manager. Champion swimmer. Tattersall's Sportsman-of-the-Year



Where did you grow up?

"Born in 1969 and grew up in St. Ives. Later we moved to Woolwich, the family has a passion for the water and we lived by the Harbour. After school I could go paddling or windsurfing - you'd just throw a board on the beach and away you'd go".

Where were you educated?

"Knox College. 1sts Basketball, 3rds rugby, did athletics, swam (usually a finalist in both, but never trained as seriously as I should), and represented the Combined Associated Schools in basketball. Knox was a great school, where I made some great friends who I still keep in touch with on a weekly basis".

And after school?

"Hawkesbury Ag. College - now the University of Western Sydney, where I completed a Bachelor of Business - Land Economy. I missed a semester through illness and did an Auctioneers and Stock Station course to fill in the time. I was the youngest and doing it with a lot of real characters from places like Wilcannia - they were a lively bunch. I had the role of tutoring them in Accounting and Economics, however on most occasions classes ended up at the Pub, and all was forgotten the next day. It certainly was an eye opener."

What did you do after University?

"I went overseas, as all good Australians do. I got a job as a front desk clerk at Whistler in Canada. Little did they know that I had very little knowledge of computers, so my learning curve was exponential to say the least, a little stressful for my liking. I was expecting a cleaning job. I worked from 3 pm to 11pm, when the pubs got going, so I could play to the wee hours and ski the next morning."

Then I went to Lake Wolfboro in New Hampshire as a summer camp counsellor instructing swimming, water skiing and windsurfing. I had to coax 10 year old kids from very affluent families into the cold lake. These rich kids were used to servants and had big time attitude. They turned up at camp with bags containing what I would call the "interesting items" that you'd associate with twenty three year olds. By the end of the camp we got on. It helped being Australian.

After the US, I worked in London and travelled through Europe before I came home."

What is your profession now?

"I'm in property. I started as a valuer, but that wasn't for me - I prefer the interaction with people and meeting new people and working

on the deal side of things. Now I am a Commercial Leasing manager for Deutsche Bank's DB Real Estate. It's a great role, has its challenges and I work with a good group of people."

How did you become a Tattersall's member?

"Dad was always a keen swimmer. He was a Tatt's member and got me to join - the swimming was the immediate attraction and that's what really got me back into competitive swimming. Competition drives me whether it's work or sport. The swimmers at Tatt's are a great crowd and training sessions often feel like a competition every time you get in the pool - especially against the guys in Lane 1. It's an inspirational environment with people like Chris Fidler and John Konrads. The late Harry Turner was a fantastic motivator and I attribute much of my success to his commitment to me as a coach."

What makes a great swimmer?

"The ability to deal with the early starts, and of course technique."

You compete in surf carnivals and rough water swims. What was your toughest swim?

"I belong to North Bondi Surf Club and compete in swimming and ski events, but the toughest thing I've ever done was this February's 21k Rottneest Swim. I was fortunate enough to gain some very helpful tips from John Konrads. Without his guidance I am sure I would have been out there swimming for a lot longer than the 8 hour race time."

At the start it was freezing, pouring with rain, and the swell was about two metres high. It reminded me of the opening scene from the film Saving Private Ryan. I thought "What am I doing here?" But I'd trained hard and had come a long way, so I was determined to go on with it.

Only 40% of the swimmers finished. Out of 165 starters in the solo category, I came 23rd."

Would you do Rottneest again?

"Yes. I'd really like to attempt a double crossing, or an English Channel swim - but I'd need to put on about twenty kilos of fat. And with my lovely wife Rachel - a very active lifestyle lady - and our new baby, I think I've got enough responsibilities at present!"